

**COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS**

2ND FLOOR HON. JUAN. A. SABLAN MEMORIAL BLDG., CAPITOL HILL  
CALLER BOX 10007, SAIPAN, MP 96950  
TELEPHONE: (670) 664-2341  
TELECOPIER: (670) 664-2349  
DIRECT LINE: 670/ 236-8670  
DIRECT FAX: 234-8930

**OFFICE OF THE ATTORNEY GENERAL  
CIVIL DIVISION**

November 18, 2004

David Banes  
O'Connor Berman Dotts & Banes  
Second Floor, Nauru Bldg., PO Box 501969  
Saipan, MP 96950---*Via Fax 670/234-5683*

Re: Mental Health/Substance Abuse Services in Ventura County-Stephen Parks

Dear David:

I have attached some information on available contacts/resources in Ventura County. The sources are the California and Ventura County branches of the National Alliance for Mentally Ill (NAMI). I suggest you could short cut your research by calling the Ventura County representative, Mr. Frank Robinson, or one of the listed substance abuse contacts/ resources on the attached list. They will know what's available in Ventura County, or near to there.

I will try to send you some information on California Medicaid/pooled trust/supplemental needs trust contacts for California in the next day or so.

Sincerely,

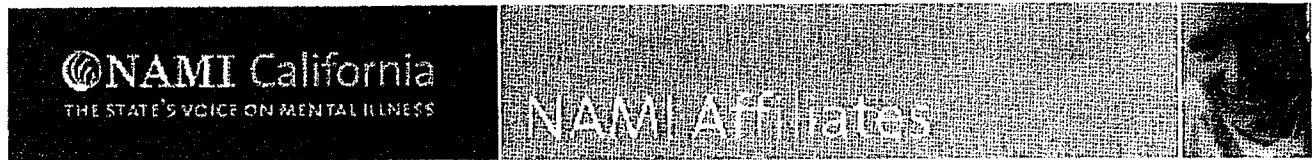


Debra Knapp  
Assistant Attorney General

cc: Drs. Gutowski, Hay, Shearer, and Hofschneider

K

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## NAMI Ventura County

NAMI Ventura County is a grassroots, family and consumer self-help support and advocacy organization dedicated to improving the lives of people with severe mental illnesses, i.e., schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD).

### Affiliate Information

NAMI Ventura County  
PO Box 25510  
Ventura, CA 93002

Tel: 805-641-2426

### Contact Information

Fred Robinson  
c/o ARC Ventura County  
5103 Walker Street  
Ventura, CA 93003-7358

Email: [frobinson@arcvc.org](mailto:frobinson@arcvc.org)

Website: Unavailable

### Services

NAMI Ventura provides support and referral services to people in need.

### Officers

Fred Robinson, President  
Irene King, Treasurer

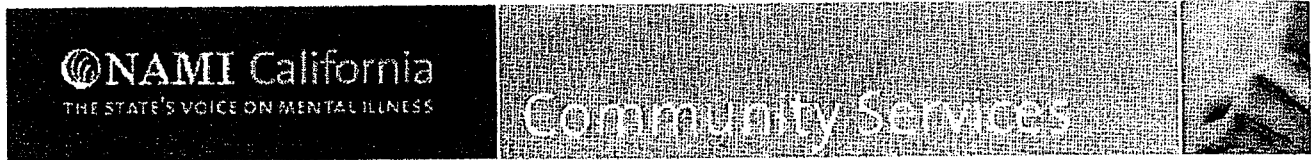
### **Crisis**

Information  
800-671-1

Information  
805-652-1

CMH Plan  
805-652-1

Patients' I  
805-652-1



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## Find Services & Support

NAMI California has contacted and continues to contact state, county, local and private organizations regarding their services and support to individuals with serious mental illness and their families. The names and numbers of these organizations are provided below.

Select the county and the type of services that you desire from the dropdown menu. Click on SUBMIT to display a LIST of available services.

Click on the name of the organization to display DETAIL information for the organization.

Listing on the Community Services page does not represent an endorsement by NAMI California. See Disclaimer at end of page.

Select the County:

Ventura

Select Service Type:

Substance Abuse

submit

SERVICE PROVIDERS: We are adding listings as resources permit. If you would like your organization to be listed or a listing is incorrect, please call 916-567-0163 or email us at support@namicalifornia.org. Updated 11/29/2003.

**ANA CAPA HOSPITAL**  
224 East Clara Street  
Port Hueneme, CA 93041-2799

805-488-3661

**DIANE AUBURN, Ph.D.**  
2580 E Main St # 100  
Ventura, CA 93003

805-643-9686

**TRACY S BENNETT, Ph.D.**  
340 Rosewood Ave Suite A  
Camarillo, CA 93010

805-383-0882

**WARREN WALKER, Ph.D.**  
Conejo Counseling Ctr  
3609 E Thousand Oaks Bl # 110  
Westlake Village/Thousand Oaks, CA 91362

805-497-9440  
818-889-7199

**DEBRA DECKER, Ph.D.**  
3695 Alamo St # 200  
Simi Valley, CA 93063

805-522-1700

**CASSANDRA DELACOEUR, Ph.D.**  
4478 Market St #701  
Ventura, CA 93003

805-654-8012

**KATHERINE EMERICK, Ph.D.**

805-650-7484

1280 S Victoria Ave # 230  
Ventura, CA 93003

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**NICHOLAS C GEROLAMO, Ph.D.** 805-778-0994  
123 Hodencamp Drive #103  
Thousand Oaks, CA 91360

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**GLADSTONE COUNSELING CENTER** 805-646-9724  
530 West Ojal Ave # 208  
Ojal, CA 93023-2472

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**BETH HAYNES, Ph.D.** 805-435-4569  
250 Mccloud Ave  
Thousand Oaks, CA 91360

---

**LA SIESTA GUEST HOME** 805-648-4042  
Call For Street Address  
Ventura, CA 93001

---

**INES MONGUIO, Ph.D.** 805-650-7484  
1280 S Victoria Ave # 230  
Ventura, CA 93003

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**INES MONGUIO, Ph.D.** 805-650-7484  
1280 S Victoria Ave # 230  
Ventura, CA 93003

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**GEORGE MORRERA, Ph.D.** 805-495-8984  
250 Lombard St # 1  
Thousand Oaks, CA 91360

---

**GEORGE MORRERA, Ph.D.** 805-527-1010  
1687 Erringer Rd Suite 202B  
Simi Valley, CA 93065

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**SHANNAE RICKARDS, Ph.D.** 805-496-7144  
100 E Thousand Oaks Blvd # 221  
Thousand Oaks, CA 91360

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**SANTA PAULA ADULT SERVICES** 805-933-8485  
333 West Harvard Boulevard  
Santa Paula, CA 93060-3225

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**SENIOR OUTREACH SERVICES** 805-652-7820  
738 E Main Street  
Ventura, CA 93001

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**TURNING POINT FOUNDATION - NEW VSIONS CENTER** 805-652-0596  
1065 East Main Street  
Ventura, CA 93001

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**JUDY VAN DER WENDE, Ph.D.** 805-407-4730  
4045 E Thousand Oaks Blvd Suite 220  
Westlake Village, CA 91362

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**ELLEN YATES, Ph.D.** 805-370-1756  
325 E Hillcrest Dr #115  
Thousand Oaks, CA 91360

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**Disclaimer**

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Listing on the NAMI California Community Services page does not represent an endorsement by NAMI California. Be sure to verify the

status and credentials of all individuals and/or companies listed.

The current professional status of physicians, psychiatrists, psychologists, etc. can be verified with the California Department of Consumer Affairs by clicking on the following link:  
Consumer Affairs Licensing Boards  
and selecting the appropriate professional board.

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Select the County:

Ventura

Select Service Type:

Referral Services

submit

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**DIANE AUBURN, Ph.D.** 805-643-9686  
2580 E Main St # 100  
Ventura, CA 93003

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**TRACY S BENNETT, Ph.D.** 805-383-0882  
340 Rosewood Ave Suite A  
Camarillo, CA 93010

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**BARBARA P BLUME, Ph.D.** 805-658-7792  
255 Maple Ct # 210  
Ventura, CA 93003

---

**DEBRA DECKER, Ph.D.** 805-522-1700  
3695 Alamo St # 200  
Simi Valley, CA 93063

---

**CASSANDRA DELACOEUR, Ph.D.** 805-654-8012  
4478 Market St #701  
Ventura, CA 93003

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**KATHERINE EMERICK, Ph.D.** 805-650-7484  
1280 S Victoria Ave # 230  
Ventura, CA 93003

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**NICHOLAS C GEROLAMO, Ph.D.** 805-778-0994  
123 Hodencamp Drive #103

Thousand Oaks, CA 91360

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**GLADSTONE COUNSELING CENTER** 805-646-9724  
530 West Ojai Ave # 208  
Ojai, CA 93023-2472

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**GENINE HANIN, Ed.D., LICENSED PSYCHOLOGIST** 805-379-5635  
3617 Thousand Oaks Blvd #128  
Thousand Oaks, CA 91362

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**BETH HAYNES, Ph.D.** 805-435-4569  
250 Mccloud Ave  
Thousand Oaks, CA 91360

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**INES MONGUIO, Ph.D.** 805-650-7484  
1280 S Victoria Ave # 230  
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**TERESA A RATTRAY, Ph.D.** 805-370-8700  
325 E Hillcrest Dr #115  
Thousand Oaks, CA 91360

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**SHANNAE RICKARDS, Ph.D.** 805-496-7144  
100 E Thousand Oaks Blvd # 221  
Thousand Oaks, CA 91360

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**KAREN L SCHILTZ, Ph.D.** 805-379-4939  
516 Pennsfield Pl # 106  
Thousand Oaks, CA 91360

<http://www.karenschiltz.com>

[officemanager@karenschiltz.com](mailto:officemanager@karenschiltz.com)

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**SENIOR OUTREACH SERVICES** 805-652-7820  
738 E Main Street  
Ventura, CA 93001

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**TURNING POINT FOUNDATION - NEW VSIONS CENTER** 805-652-0596  
1065 East Main Street  
Ventura, CA 93001

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**TURNING POINT FOUNDATION- WARM LINE** 805-652-2821  
733 & 735 North A Street  
Oxnard, CA 93030

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**TURNING POINT FOUNDATION- OUR PLACE SHELTER** 805-652-2151  
536 East Thompson Boulevard

Ventura, CA 93001

Facility provides shelter and drop-in services to mentally ill adults regardless of ability to pay. An intake is required prior to receiving services. Intakes are available Monday, Tuesday, Wednesday and Friday from 9:00 am - 4:00 pm and Thursday from 9:00 am - 11:00 am and 2:00 pm - 4 pm.

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**ELLEN YATES, Ph.D.**  
325 E Hillcrest Dr #115  
Thousand Oaks, CA 91360

805-370-1756

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## Non-Profit

Non-Profit | For-Profit | City/County | State | Federal | NAMI State Affiliates

This page displays **Non-Profit** organizations that provide services and support to in serious mental illness and their families. Click on the organization name or link to see you would like your organization to be listed here, send your organization name, we a brief description to support@namicalifornia.org.

Organization	Web Address
<b>Alzheimers Aid Society of Northern California</b> The Alzheimers Aid Society of Northern California is one of the only Alzheimers orga Northern California where your total contribution dollars remain within the state to f families. Donations provide a variety of services directly to local recipients, where of organizations' fundraising revenue is distributed proportionally at a national level.	<a href="http://www.alzheimersaidsoc">http://www.alzheimersaidsoc</a>
<b>American Psychiatric Association</b> The American Psychiatric Association is a medical specialty society recognized world U.S. and international member physicians work together to ensure humane care and treatment for all persons with mental disorder, including mental retardation and sub disorders. It is the voice and conscience of modern psychiatry. Its vision is a society accessible quality psychiatric diagnosis and treatment.	<a href="http://www.psych.org">http://www.psych.org</a>
<b>American Psychological Association</b> Based in Washington, DC, the American Psychological Association (APA) is a scientif organization that represents psychology in the United States. With more than 155,0 is the largest association of psychologists worldwide.	<a href="http://www.apa.org">http://www.apa.org</a>
<b>American Radio Works Featuring Mentally Ill</b> In the early 1840's, crusading prison reformer Dorothea Dix wrote a scathing report Massachusetts legislature. Dix argued that the many insane people in Massachusset almshouses did not belong there; they should be placed in more humane institution: them. Massachusetts and other states responded. Dix's campaign led to the constru new mental institutions. Forty years after she started her campaign, the 1880 Unite said 99% of the nation's 'insane persons' lived at home or in asylums. Only a few h That has changed. Last year the U.S. Justice Department said 280,000 people with : illnesses were in jail or prison—more than four times the number in state mental ho RadioWorks Correspondent John Blewen explores why.	<a href="http://americanradioworks.o">http://americanradioworks.o</a>
<b>Asian Community Mental Health Services (ACMHS)</b> ACMHS' experienced professional staff provides wrap-around services tailored specil the East Bay communtiy in twelve languages and dialects: Cambodian, Cantonese, Khmuu, Korean, Laotian, Mandarin, Mien, Tagalog, Toysan, and Vietnamese. ACMH competent delivery system of specialized services include Behavioral Health Care, I Disabilities, and Family Support Services.	<a href="http://www.acmhs.org/frame">http://www.acmhs.org/frame</a>
<b>Assertive Community Treatment (ACT)</b> ACT is a service-delivery model that provides comprehensive, locally based treatmei serious and persistent mental illnesses.	<a href="http://www.nami.org/Temple/Section=ACT-TA_Center">http://www.nami.org/Temple/Section=ACT-TA_Center</a>

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**Bazelon Center**

<http://www.bazelon.org>

The Judge David L. Bazelon Center for Mental Health Law is a nonprofit legal advocacy based in Washington D.C. Known until 1993 as the Mental Health Law Project, our n the federal appeals court judge whose landmark decisions pioneered the field of me Our advocacy is based on the principle that every individual is entitled to choice and people with mental disabilities, this means something as basic as having a decent pl supportive services and equality of opportunity.

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**California Council of Community Mental Health Agencies**

<http://www.cccmha.org/>

The California Council of Community Mental Health Agencies (CCCMHA) promotes co responsive, and integrated service systems by enhancing the ability of nonprofit me provide mental health services that empower the people we serve to lead full and pi

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**California Mental Health Directors Association**

<http://www.cmhda.org/>

CMHDA provides assistance, information, training, and advocacy to the public menta that are its members. The following sections provide more information about our org

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**Center on Budget and Policy Priorities**

<http://www.cbpp.org>

The Center on Budget and Policy Priorities is a national policy organization working i state levels on fiscal policy and public programs that affect low- and moderate-incor individuals.

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**Child and Adolescent Bipolar Foundation (CABF)**

<http://www.bpkids.org/>

The Child and Adolescent Bipolar Foundation (CABF) is a parent-led, not-for-profit, v membership organization of families raising children diagnosed with, or at risk for, disorder.CABF was founded by a national steering committee of concerned parents i an Internet support group. Our on-line community includes parents, researchers, m neuroscientists, social workers, therapists, civic leaders, teachers, and others. Our F Advisory Council includes leading experts on bipolar disorder.

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**Children and Adults with Attention-Deficit/Hyperactivity Disorder**

<http://www.chadd.org>

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) is a natio organization founded in 1987 in response to the frustration and sense of isolation ex parents and their children with AD/HD.

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**Chinese-American Mental Health Network Directory**

<http://www.asianmentalhealth.org/>

The Chinese-American Mental Health Network is undertaking a project to help the A communities of the Bay Area gain access to the culturally and linguistically compete services they need. The network is currently developing an online and printed multi-agencies, hospitals, and private-practice professionals who provide services to the A populations in the Bay Area.

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**Disability Rights Advocates**

<http://www.dralegal.org/>

Founded in 1993, Disability Rights Advocates is a national and international non-pro dedicated to protecting and advancing the civil rights of people with disabilities. Ope established for people with disabilities, DRA pursues its mission through research, e advocacy. DRA's mission is to ensure dignity, equality, and opportunity for people w disabilities throughout the United States and worldwide.

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**Galen Institute**

<http://www.galen.org>

Providing useful facts and information that dispel many of the myths about America Industry, this website substantiates their information from well-respected sources. those who take medications regularly.

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**Guidestar - The National Database of Non-Profit Organizations**

<http://www.guidestar.com/in>

The GuideStar Web site is produced by Philanthropic Research, Inc., a 501(c)(3) pul in 1994. GuideStar's mission is to revolutionize philanthropy and nonprofit practice

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**Hawkins Center for Law and Services for People with Disabilities** <http://www.hawkinscenter.org>

The Hawkins Center works to improve the health and financial stability of people with partnership with service organizations, The Hawkins Center provides high quality legal educational services, and advocates for changes in policy. In all its programs, the agency dignity, respect, and fairness for people with disabilities.

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**Internet Mental Health** <http://www.mentalhealth.com>

Internet Mental Health is a free encyclopedia of mental health information created by psychiatrist, Dr. Phillip Long.

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**Medscape Management of Serious Mental Illness Resource Center** <http://www.medscape.com/p/mentalillness.ov>

According to the World Health Organization, 4 of the 10 leading causes of disability in States and other developed countries are mental disorders, including major depressive disorder, and schizophrenia. Approximately 23% of American adults each year have a mental disorder and as many as 5.4% of American adults have a serious mental illness. Resource Center, Medscape's editors have collected the latest news and information and treatment of persons with serious mental disorders. (Requires Free Registration)

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**Mental Health Association in California** <http://www.mhac.org/>

A program assuring that everyone who needs mental health care has access to the care. This site offers links to referrals, legislation affecting mental health, and information.

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**Mental Health Links** <http://www.mentalhealth.org>

The Center for Mental Health Services has organized alphabetically, this Web resource listing of more than 50 subject areas related to mental health leading to in-depth resources.

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**Mental Help Net** <http://www.mentalhelp.net>

In September 1995 CMHC Systems chief John Paton decided to develop a web site on mental health as a free service to the worldwide mental health community of professionals and laypeople.

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**Mental Illness and Homelessness** <http://www.nationalhomelessness.org>

This site from the National Coalition for the Homeless focuses on their Fact Sheet #1: National Coalition for the Homeless, April 1999. Approximately 20-25% of the single population suffers from some form of severe and persistent mental illness (Koegel et al.)

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**NAMI National** <http://www.nami.org>

The National Alliance for the Mentally Ill (NAMI) is a nonprofit, grassroots, self-help, advocacy organization of consumers, families, and friends of people with severe mental illnesses such as schizophrenia, major depression, bipolar disorder, obsessive-compulsive disorder and others. NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these diseases.

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**NAMI National Key Bills in Congress** <http://www.nami.org/update>

The NAMI National Key Bills web site is a listing of active bills of mental health issues that have been passed by Congress.

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**NAMI National Legal Center** <http://www.nami.org/legal>

The NAMI Legal Center advocates for the rights of individuals with severe mental illness. The Center works both independently and collaborates with private attorneys, legal service organizations, mental health and consumer advocacy organizations on projects of mutual interest.

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**NARSAD Artworks** <http://www.narsadartworks.com>

The NARSAD Artworks products showcase museum-quality art by talented artists who have shared the common bond of mental illness. NARSAD Artworks is an all volunteer nonprofit corporation. All proceeds flow to causes supporting the mentally ill, especially research.

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**National Association of Anorexia Nervosa and Associated Disorders** <http://www.anad.org/>

ANAD serves the nation, and increasingly the world, as an Association concerned with programs for the entire eating disorders field. Twenty-three years after its inception ANAD leads the fight in the battle against deadly disorders with a multi-faceted program.

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**National Information Center for Children and Youth with Disabilities** <http://www.nichcy.org>

NICHCY is the national information center that provides information on disabilities and related issues. Anyone can use our services—families, educators, administrators, join us. Our special focus is children and youth (birth to age 22).

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**National Mental Health Association** <http://www.nmha.org>

The National Mental Health Association (NMHA) is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 100 chapters nationwide, NMHA works to improve the mental health of all Americans, especially those with mental disorders, through advocacy, education, research and service. A local affiliate is located here: <http://www.nmha.org/affiliates/directory/>

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**National Resource Center on AD/HD** <http://www.help4adhd.org/>

The *National Resource Center on AD/HD: A Program of CHADD* has been established by the U.S. Centers for Disease Control and Prevention (CDC) to be a national clearinghouse for information and resources concerning this important public health concern. Attention deficit/hyperactivity disorder (AD/HD) is a neurobehavioral disorder that impairs the lives of millions of American children and adults each and every day.

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**People With Disabilities Foundation** <http://www.pwdf.org/>

The mission of the People With Disabilities Foundation (PWDF) is to provide education and support for persons with physical and/or psychiatric impairments so that they can achieve excellence in all aspects of life. There is an emphasis on psychiatric disabilities.

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**Planned Lifetime Assistance Network** <http://www.nami.org/Content>

PLAN programs were developed to meet the needs of families who are actively planning for the future of an adult child with a disability. Serving adults with mental illness primarily, but also those with physical disabilities, throughout the entire state. Providing customized services designed to help families do what they previously undertook while improving the quality of life of their relative. Add to this an advocacy arm "in-the-here-and-now" that bridges the gaps between what the system provides and what is really needed for sustained recovery. PLAN California can be contacted at PL 17602 Seventeenth St., #102-240, Tustin, CA 92780, 714-997-3310, FAX 714-771-888-574-1258, Email [PLANofCalif@aol.com](mailto:PLANofCalif@aol.com).

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**Protection and Advocacy, Inc., (PAI)** <http://www.pai-ca.org>

PAI works in partnership with persons with disabilities — to protect, advocate for, and ensure human, legal, and service rights. We strive toward a society that values all people and their rights to dignity, freedom, choice, and quality of life.

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**Read the Signs** <http://www.readthesigns.org>

Read the Signs is an England-based initiative to help young people open their minds to mental health, and find out how to take care of themselves and their friends.

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**Right To Know** <http://www.rtk.org>

Citizens for the Right to Know is a network of approximately 80 consumer and special interest organizations representing hundreds of thousands of patients across the country. Our common need — access to quality information on health care plans in order to make informed consumer choices. The objective is to pursue basic consumer fairness in health care.

## NAMI California

insurers, health service organizations and HMOs to provide patients with necessary coverage principles, benefits and any exclusions or restrictions.

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**Schizophrenia.com**<http://www.schizophrenia.com>

This is the goal of this web site - to provide all the valuable and accurate information on schizophrenia. Obviously this will be an on-going effort that demands a lot more resources than we currently have - but it is something we can work towards for a long time.

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**Screening for Mental Health, Inc.**<http://www.mentalhealthscreening.org>

(formerly the **National Mental Illness Screening Project**) is a nonprofit organization that coordinates nationwide mental health screening programs and to ensure cooperation, coordination and accountability in mental illness screenings.

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**Self-Injury Self-Help Group**<http://www.namicontracosta.org>

For self-injury sufferers to talk about ways to change these behaviors and resolve trauma by trauma. Call Veronica at (925) 676-5313 9am - 9pm.

Self-Injury Self-help Group  
2751 Monument Blvd., Ste. 200  
Concord, CA 94520-3070

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**SPAN-California**<http://www.span-california.org>

SPAN-California is a nonprofit organization of concerned citizens and professionals dedicated to the prevention of suicide through statewide and community partnerships.

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**TARA - Treatment and Research Advancements Association For Personality Disorder**<http://tara4bpd.org>

BPD is a severe and chronic mental illness affecting 2-3% of the population, 11% of outpatients and 20% of inpatients. One in ten people with the disorder commits suicide, usually rather than chronic depression. BPD worsens the outcome and complicates the treatment of the occurring disorder such as Bipolar Disorder, Substance Abuse or Eating Disorders.

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**The Depression and Bipolar Support Alliance**<http://www.dbsalliance.org/>

The Depression and Bipolar Support Alliance (DBSA) is the nation's largest patient-specific organization. DBSA is governed by a 15-member Board of Directors; our bylaws require that at least 51% of board members be diagnosed with depression or manic depression. Incorporated and based in Chicago, Illinois, we represent the voices of more than 20 million Americans with depression and the additional 2.5 million adults living with manic depression, a bipolar disorder.

---

**Treatment Advocacy Center**<http://www.psychlaws.org>

The Treatment Advocacy Center is a nonprofit organization working to eliminate barriers to care for people with severe mental illness.

---

**UCLA Center for Mental Health in Schools**<http://smhp.psych.ucla.edu/>

The University of California Los Angeles Center for Mental Health in Schools is a consortium of schools and the UCLA Center for Mental Health in Schools. The site features free downloadable materials to use in the classroom to help educate students about mental health issues and to give them tools to learn to deal with mental illness in themselves, classmates, or family members. Positive self-esteem and anti-stigma are themes throughout their curricula.

---

**United Advocates for Children of California (UACC)**<http://www.uacc4families.org>

The United Advocates for Children of California (UACC) is a nonprofit advocacy organization on behalf of children and youth with serious emotional disturbances and their families. The majority of our board and staff are parents of youth who have received mental health services. The Web site is designed to provide education, information, and support to children and youth with emotional disturbances.

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**OFFICE OF THE ATTORNEY GENERAL  
CIVIL DIVISION**

November 19, 2004

David Banes  
O'Connor Berman Dotts & Banes  
Second Floor, Nauru Bldg., PO Box 501969  
Saipan, MP 96950—*Via Fax 670/234-5683*

Re: California Medicaid Eligibility/Pooled Trusts, etc.—Stephen Parks

Dear David:

I have attached information on the laws relating to Medicaid eligibility, the difference between Medicare and Medicaid, the "pooled or supplemental needs trust" in California, and California attorneys who specialize in Medicaid (MediCal) eligibility.

I am also sending you pages, which list the California and federal agencies responsible for mental health and substance abuse services in California as well as watchdog and advocacy organizations.

I hope this is helpful to you.

Sincerely,

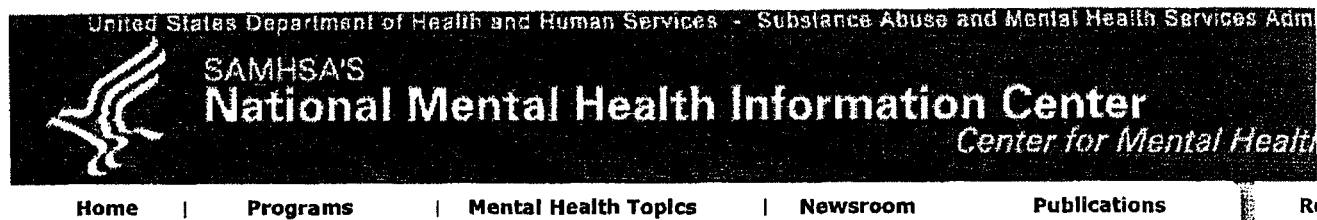


Debra Knapp  
Assistant Attorney General

cc: Drs. Gutowski, Hay, Shearer, and Hofschneider

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## California Resources

### State Mental Health Agency

For more information about admission, care, treatment, release, and p follow-up in public or private psychiatric residential facilities, contact y mental health agency:

Steve W. Mayberg, Ph.D., Director  
 Department of Mental Health  
 Health and Welfare Agency  
 1600 Ninth Street, Room 151  
 Sacramento, CA 95814  
 Phone: 916-654-3565  
 Fax: 916-654-3198  
 Toll-free: 800-896-4042  
 TDD: 800-896-2512  
 E-mail: [dmh@dmhhhq.state.ca.us](mailto:dmh@dmhhhq.state.ca.us)  
 Internet: [www.dmh.cahwnet.gov](http://www.dmh.cahwnet.gov)

### State Substance Abuse Agency

Contact your State substance abuse agency for information about trea care of substance abuse disorders:

Kathryn P. Jett, Director  
 Department of Alcohol and Drug Programs  
 1700 K Street  
 Sacramento, CA 95814  
 Phone: 916-327-3728  
 TDD: 916-445-1942  
 Toll-free: 800-879-3728  
 Internet: [www.adp.cahwnet.gov](http://www.adp.cahwnet.gov)

### State Protection and Advocacy Agency

Each State has a protection and advocacy agency that receives funding Federal Center for Mental Health Services. Agencies are mandated to p advocate for the rights of people with mental illnesses and to investiga of abuse and neglect in facilities that care for or treat individuals with illnesses. These facilities, which may be public or private, include hosp nursing homes, community facilities, board and care homes, homeless jails, and prisons. Agencies provide advocacy services or conduct inves address issues that arise during transportation or admission to such fa during residency in them, or within 90 days after discharge from them

Protection and Advocacy, Inc.  
 100 Howe Avenue, Suite 185 North

Sacramento, CA 95825  
Phone: 916-488-9955  
Fax: 916-488-9960  
Toll-free: 800-776-5746  
Internet: **www.pai-ca.org**

Oakland Office:  
Phone: 510-430-8033  
Fax: 510-430-8246  
Toll-free: 800-776-5746

### **Family Support**

The Center for Mental Health Services awards grants to statewide, family networks to provide support and information to families of children and adolescents with serious emotional, behavioral, or mental disorders. For information, contact:

Lols Jones, Executive Director  
Parents Helping Parents - San Francisco, Inc.  
4752 Mission Street, Ste. 100  
San Francisco, CA 94112  
Phone: 415-841-8820  
Fax: 415-841-8824  
E-mail: **sfphp@earthlink.net**  
Internet: **www.sfphp.com**

### **Centers for Medicare and Medicaid Services (CMS)**

The Centers for Medicare and Medicaid Services, which are part of the Department of Health and Human Services, investigate some complaint treatment facilities that receive Medicare and Medicaid funding. For further information at the national level, contact:

Centers for Medicare and Medicaid Services  
7500 Security Boulevard  
Baltimore, MD 21244-1850  
Phone: 410-786-3000  
E-mail: **webmaster@hcfa.gov**  
Internet: **www.CMS.gov**

You may also share your concerns with staff at the Centers for Medicare and Medicaid Services office in your area, which is Region 9. The regional contact address and telephone number are:

San Francisco Regional Office  
Centers for Medicare and Medicaid Services  
75 Hawthorne Street, Fourth Floor, Room 401  
San Francisco, CA 94105-3903  
Phone: 415-744-3501  
Fax: 415-744-3517  
Internet: **www.CMS.gov**

### **Advocacy Organizations**

Local chapters of the National Mental Health Association have information about community services and engage in national and State level advocacy. For

information about the association, write or call:

Mental Health Association in California  
1127 11th Street  
Suite 830  
Sacramento, CA 95814  
Phone: 916-557-1167  
Fax: 916-447-2350  
Internet: **www.mhac.org**

The National Alliance for the Mentally Ill maintains a helpline for information about mental illnesses and referrals to local groups. The local self-help group support and advocacy components and offer education and information community services for families and individuals. For information about Alliance's affiliates and activities in your State, contact:

NAMI California  
1111 Howe Avenue, Suite 475  
Sacramento, CA 95825-8541  
Phone: 916-567-0163  
Fax: 916-567-1757  
E-mail: **grace.mcandrews@namicalifornia.org**  
Internet: **www.namicalifornia.org/**

Statewide consumer organizations are run by and for consumers of mental health services and promote consumer empowerment. These organizations provide information about mental health and other support services at the State level. They are active in addressing and advocating for mental health system issues. For information about consumer activities in your area, contact:

Sally Zinman, Administrator  
California Network of Mental Health Clients  
1722 J Street, Suite 324  
Sacramento, CA 95814  
Phone: 916-443-3232  
Fax: 916-443-4089  
Toll-free: 800-626-7447  
E-mail: **main@cnmhc.com**  
Internet: **www.cnmhc.com**

The National Mental Health Consumers' Self-Help Clearinghouse, funded by the Center for Mental Health Services, promotes and helps to develop and run self-help groups across the country. Technical assistance and materials are available on such topics as organizing groups, fundraising, leadership development, incorporating, public relations, advocacy, and networking. For information, contact:

The National Mental Health Consumers' Self-Help Clearinghouse  
1211 Chestnut Street, Suite 1207  
Philadelphia, PA 19107  
Phone: 215-751-1810  
Fax: 215-636-6312  
Toll-free: 800-553-4KEY (539)  
Internet: **www.mhselfhelp.org**

The National Empowerment Center is a Technical Assistance Center run by health consumers/survivors. The Center's mission is to carry a message of recovery, empowerment, hope and healing to people who have been diagnosed with mental illness. The Center provides information and referrals to consumer/survivor resources nationwide and offers technical assistance to individuals and groups involved in consumer empowerment activities. The Center distributes recovery-related publications and sponsors education and training activities. For information on consumer/survivor activities in your area,

The National Empowerment Center  
599 Canal Street  
Lawrence, MA 01840  
Toll-free: 800-769-3728  
Fax: 978-681-6426  
(TDD): 800-TTY-POWER (7693)  
Internet: [www.power2u.org](http://www.power2u.org)

The Consumer Organization & Networking Technical Assistance Center, funded by the Center for Mental Health Services, is a resource center for health consumers/survivors and consumer-run organizations across the United States. Services and products include informational materials; on-site training; curriculum building; electronic and other communication capabilities; networking and customized activities promoting self-help, recovery, leadership, business management, and empowerment. For more information contact:

Consumer Organization & Networking Technical Assistance Center (CONTEC)  
P.O. Box 11000  
Charleston, WV 25339  
Phone: 888-825-TECH (8324)  
Fax: 304-345-7303  
Email: [contac@contac.org](mailto:contac@contac.org)  
Internet: [www.contac.org](http://www.contac.org)

### **Other Sources of Information**

Local government, which is generally a part of the local government, may be useful. Local branches of your city or county government also may be able to help. For example, the education office might have information about help for children. The agency for the aging might know about services for senior citizens. In addition, your family physician or area hospital may be able to make referrals. For legal advice, contact your local bar association. Also, your local library or telephone yellow pages may have resource lists for sources of help in your community.

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## Mental Health Resources California Mental Health Resources



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 Your Guide to [Mental Health Resources](#).  
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### State Mental Health Agency

For more information about admission, care, treatment, release, and patient follow-up in public or private psychiatric residential facilities, contact your State mental health agency:

### Department of Mental Health

Health and Welfare Agency  
 1600 Ninth Street, Room 150  
 Sacramento, CA 95814  
 Phone: 916-654-2309  
 Fax: 916-654-3198  
 E-mail: [webmaster@dmhhq.state.ca.us](mailto:webmaster@dmhhq.state.ca.us)  
 Internet: [www.dmh.cahwnet.gov](http://www.dmh.cahwnet.gov)

### State Protection and Advocacy Agency

Each State has a protection and advocacy agency that receives funding from the Federal Center for Mental Health Services. Agencies are mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. These facilities, which may be public or private, include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons. Agencies provide advocacy services or conduct investigations to address issues that arise during transportation or admission to such facilities, during residency in them, or within 90 days after discharge from them. Contact:

Protection and Advocacy, Inc.  
 100 Howe Avenue, Suite 185 North  
 Sacramento, CA 95825  
 Phone: 916-488-9955/0  
 Fax: 916-488-2635 or 916-488-9962 (Catherine Blakemore)  
 E-mail: [legalmail@pai-ca.org](mailto:legalmail@pai-ca.org)  
 Internet: [www.pai-ca.org](http://www.pai-ca.org)

Oakland Office:  
 Phone: 510-839-0811  
 Fax: 510-839-5780  
 Toll-free: 800-776-5746

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### Family Support

The Center for Mental Health Services awards grants to statewide, family-run networks to provide support and information to families of children and adolescents with serious emotional, behavioral, or mental disorders. For more information, contact:

Parents Helping Parents - San Francisco, Inc.

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594 Monterey Boulevard  
San Francisco, CA 94127  
Phone: 415-841-8820  
Fax: 415-841-8824

#### Centers for Medicare & Medicaid Services

The Centers for Medicare & Medicaid Services, which is part of the Department of Health and Human Services, investigates some complaints about treatment facilities that receive Medicare and Medicaid funding. Information at the national level, contact:

Centers for Medicare & Medicaid Services  
7500 Security Boulevard  
Baltimore, MD 21244-1850  
Phone: 410-786-3000  
Internet: [cms.hhs.gov/medicare](http://cms.hhs.gov/medicare)

You may also share your concerns with staff at the Centers for Medicare & Medicaid Services in Region 9. The regional office address and telephone number are:

San Francisco Regional Office  
Centers for Medicare & Medicaid Services  
75 Hawthorne Street, Fourth Floor, Room 401  
San Francisco, CA 94105-3903  
Phone: 415-744-3502  
Fax: 415-744-3517  
Internet: [cms.hhs.gov/medicare](http://cms.hhs.gov/medicare)

#### Advocacy Organizations

The National Mental Health Association maintains a referral and information center and can help chapters. These local groups have information about community services and engage in national advocacy. For more information about the association, write or call:

National Mental Health Association Information Center  
1021 Prince Street  
Alexandria, VA 22314-2971  
Phone: 703-684-7722  
Fax: 703-684-5968  
Toll-free: 800-969-6642  
TTY: 800-433-5959  
E-mail: [infoctr@nmha.org](mailto:infoctr@nmha.org)  
Internet: [www.nmha.org](http://www.nmha.org)

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**ALASKA:**

Foundation of The Arc of Anchorage, 2211 Arca Dr., Anchorage, AK 99508, (907) 277-6677,  
[psaunders@arc-anchorage.org](mailto:psaunders@arc-anchorage.org), [www.arc-anchorage.org](http://www.arc-anchorage.org).

**CALIFORNIA:**

Special Needs Trust Foundation, 9575 Aero Drive, San Diego, CA 92123, (858) 715-3780.  
PLAN of California, 1336 Wilshire Blvd., 2nd Floor (LA MHA), Los Angeles, CA 90017, (213) 413-1130.

**COLORADO:**

~~The Colorado Fund for People with Disabilities, One Broadway, Suite A-330, Denver, CO 80203, (303) 733-2867.~~

**DELAWARE**

Delaware CarePlan, Inc., 1016 Center Road, Suite One, Wilmington, DL 19805-1234, (302) 633-4000, [decareplan@aol.com](mailto:decareplan@aol.com).

**FLORIDA:**

Advocate Trust, Inc., 1501 N. Belcher Rd., Suite 219, Clearwater, FL 33765, (727) 791-3972,  
[Atrustinc@aol.com](mailto:Atrustinc@aol.com).

The Florida Pooled Trust, 2600 First Avenue North, St. Petersburg, FL 33713 (877) 766-5331,  
[www.firstpooledtrust.org](http://www.firstpooledtrust.org).

PLAN of Florida, 4605 Community Drive, West Palm Beach, FL 33417 (561) 684-1991.

**ILLINOIS:**

Life Plan, Inc., 2801 Finley Road, Downers Grove, IL 60515, (630) 628-7168.

**INDIANA:**

The Arc of Indiana Master Trust, The Arc of Indiana, P. O. Box 80033, Indianapolis, IN 46280-0033, (317) 259-7603.

**KANSAS:**

ARCare - Master Trust I & II and Guardianship, 8001 Conser, Overland Park, KS 66204, (913) 648-0233.

**MASSACHUSETTS**

Berkshire County Arc Pooled Trust, P.O. Box 2, Pittsfield, MA 01202, (413) 499-4241 x 266,  
[bgray@bcarc.org](mailto:bgray@bcarc.org)

The CJP Disabilities Trust, Jewish Family & Children's Service of Greater Boston, 1340 Centre Street, Newton, MA 02159, (617) 558-1278.

MARC Trust, Inc., 217 South St., Waltham, MA 02453, (781) 642-1285.

**MICHIGAN:**

Pooled Sub-Account Trust, The Arc of Midland, 220 West Main Street, Midland, MI 48640 (989) 631-4439.

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#### Location

Hayward, CA 94541

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San Luis Obispo, CA 93401

Santa Barbara, CA 93101

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## **Medicare & Medicaid: What's the Difference?**

**Q:** I hear people talk about Medicare and Medicaid. Are these different programs?

**A:** Congress created both Medicare and Medicaid in 1965. The programs have different eligibility requirements and different benefits. Many people confuse Medicare with Medicaid because the names sound alike and the programs are available to some of the same groups of people.

**Q:** How does eligibility for two programs differ?

**A:** Both Medicare and Medicaid are directed to those age 65 or older and many younger people with disabilities. Medicare is available regardless of income and resources. Medicaid eligibility is available only to individuals who meet certain income and resource limits. Medicaid has many different programs. Each has its own income and resource limits. A Medicare beneficiary with limited income and resources may also be eligible for Medicaid assistance.

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## Treatments of Trusts

(Source: Centers for Medicare & Medicaid Services (CMS))

### Medicaid Info

### Eligibility

### Resource Limits

### Transfer of Assets

### Treatments of Trusts

### Medicaid ATTORNEYS

(Section 1917(d) of the Social Security Act; U.S. Code  
Reference 42 U.S.C.1396p(d))

Where an individual, his or her spouse, or anyone acting on the individual's behalf, establishes a trust using at least some of the individual's funds, that trust can be considered available to the individual for purposes of determining eligibility for Medicaid.

In determining whether the trust is available, no consideration is given to the purpose of the trust, the trustee's discretion in administering the trust, use restrictions in the trust, exculpatory clauses, or restrictions on distributions.

How a trust is treated depends to some extent on what type of trust it is; for example, whether it is revocable or irrevocable, and what specific requirements and conditions the trust contains. In general, however, payments actually made to or for the benefit of the individual are treated as income to the individual. Amounts that could be paid to or for the benefit of the individual, but are not, are treated as available resources. Amounts that could be paid to or for the benefit of the individual, but are paid to someone else, are treated as transfers of assets for less than fair market value. Amounts that cannot, in any way, be paid to or for the benefit of the individual are also treated as transfers of assets for less than fair market value.

Certain trusts are not counted as being available to the individual. They are:

Trusts established by a parent, grandparent, guardian, or court for the benefit of an individual who is disabled and under the age of 65, using the individual's own funds.

Trusts established by a disabled individual, parent, grandparent, guardian, or court for the disabled individual, using the individual's own funds, where the trust is made up of pooled funds and managed by a non-profit organization for the sole benefit of each individual included in the trust.

Trusts composed only of pension, Social Security, and other